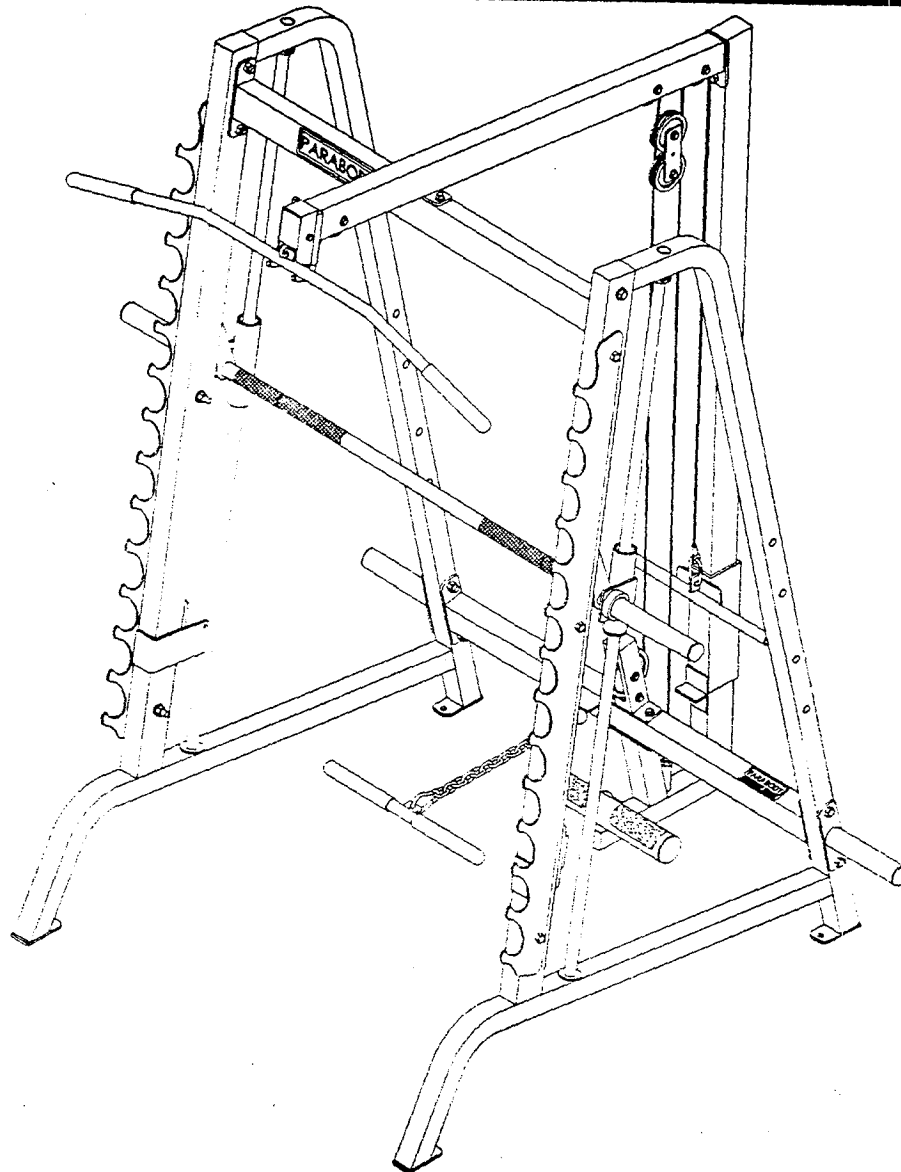


PARABODY

Serious Steel

887101 LAT OPTION



ASSEMBLY INSTRUCTIONS

IMPORTANT NOTES

WELCOME TO THE WORLD OF ***Serious Steel!***

Please note:

- * Thank you for purchasing the Parabody 887101 LAT OPTION. Please read these instructions thoroughly and keep them for future reference. This product must be assembled on a flat, level surface to assure its proper function.

We recommend cleaning your product (pads and frame) on a regular basis, using warm soapy water. Touch-up paint can be purchased from your Parabody customer service representative at (800) 328-9714.

There is a risk assumed by individuals who use this type of equipment. To minimize risk, please follow these rules:

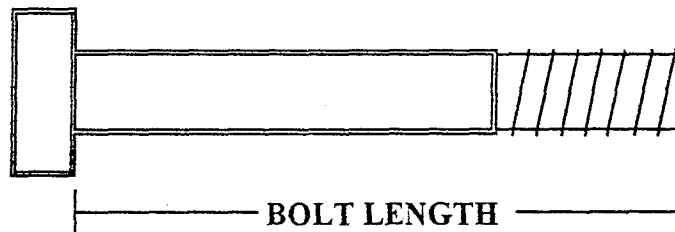
1. Inspect equipment daily. Tighten all loose connections and replace worn parts immediately. Failure to do so may result in serious injury.
2. Do not allow minors or children to play on or around this equipment.
3. Exercise with care to avoid injury.
4. If unsure of proper use of equipment, call your local Parabody distributor or call the Parabody customer service department at (800) 328-9714.
5. Consult a physician before beginning any exercise program.

Tools Required for Assembly

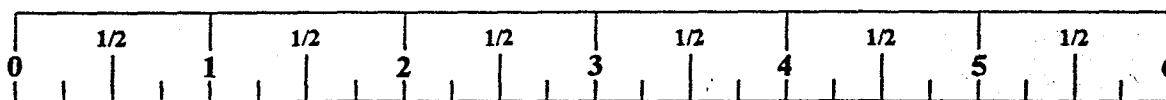
- * 3/4" wrench
- * 9/16" wrench
- * Ratchet with 3/4" and 9/16" sockets
- * Adjustable wrench
- * Tape measure

Bolt Length Ruler

NOTE: BOLT LENGTH IS MEASURED FROM THE UNDERSIDE OF THE HEAD OF THE BOLT.



BOLT LENGTH RULER:



PARTS LIST

KEY	PART #	DESCRIPTION	QTY	KEY	PART #	DESCRIPTION	QTY
1	6800203	UPRIGHT	1	20	6236701	1-3/4" SQ. END CAP	1
2	6800602	ADJ FOOT SUPPORT	1	21	6412001	SPRING PIN ASSEMBLY	1
3	6800803	PULLEY HOUSING	1	22	3203301	VINYL CAP	2
4	6801003	TOP BOOM	1	23	6542402	3/16 X 1-3/4 X 5-1/4" PLATE	2
5	6801102	LAT BAR SUPPORT	1	24	6416601	3/4 X 1-1/2" GLIDE	1
6	6759802	CARRIAGE	1	25	3102943	1/2 X 3-1/2" BOLT	1
7	6274402	LOW ROW BAR	1	26	3102502	1/2" WASHER	2
8	6725302	LAT BAR	1	27	3102801	1/2" LOCK NUT	1
9	3116201	3-1/2" PULLEY	5	28	3102917	1/2 X 4" BOLT	1
10	3116101	4-1/2" PULLEY	1	29	3102807	3/8" LOW HEIGHT LOCK NUT	3
11	6802101	115-1/4" CABLE	1	30	3102501	3/8" WASHER	14
12	6671601	121-3/4" CABLE	1	31	3102802	3/8" LOCK NUT	9
13	6692601	3 X 2" END CAP	2	32	3102922	3/8 X 2-3/4" BOLT	6
14	3103102	1 X 8" GRIP	4	33	6480301	3/8" FLANGE SPACER	8
15	6140701	1 X 1" GLIDE	8	34	3103801	5/16" SNAP HOOK	3
16	6405201	2" SQ. END CAP	2	35	3102933	3/8 X 2" BOLT	2
17	3116001	1-1/4" SQ. RUBBER BUMPER	1	36	3108102	1/4" QUICK LINK	1
18	6177001	2-1/2 X 5-1/2" NON-SKID STRIP	2	37	6075906	12 LINK CHAIN	1
19	3119301	2-1/2" ROUND END CAP	2	38	3102906	3/8 X 4" BOLT	4

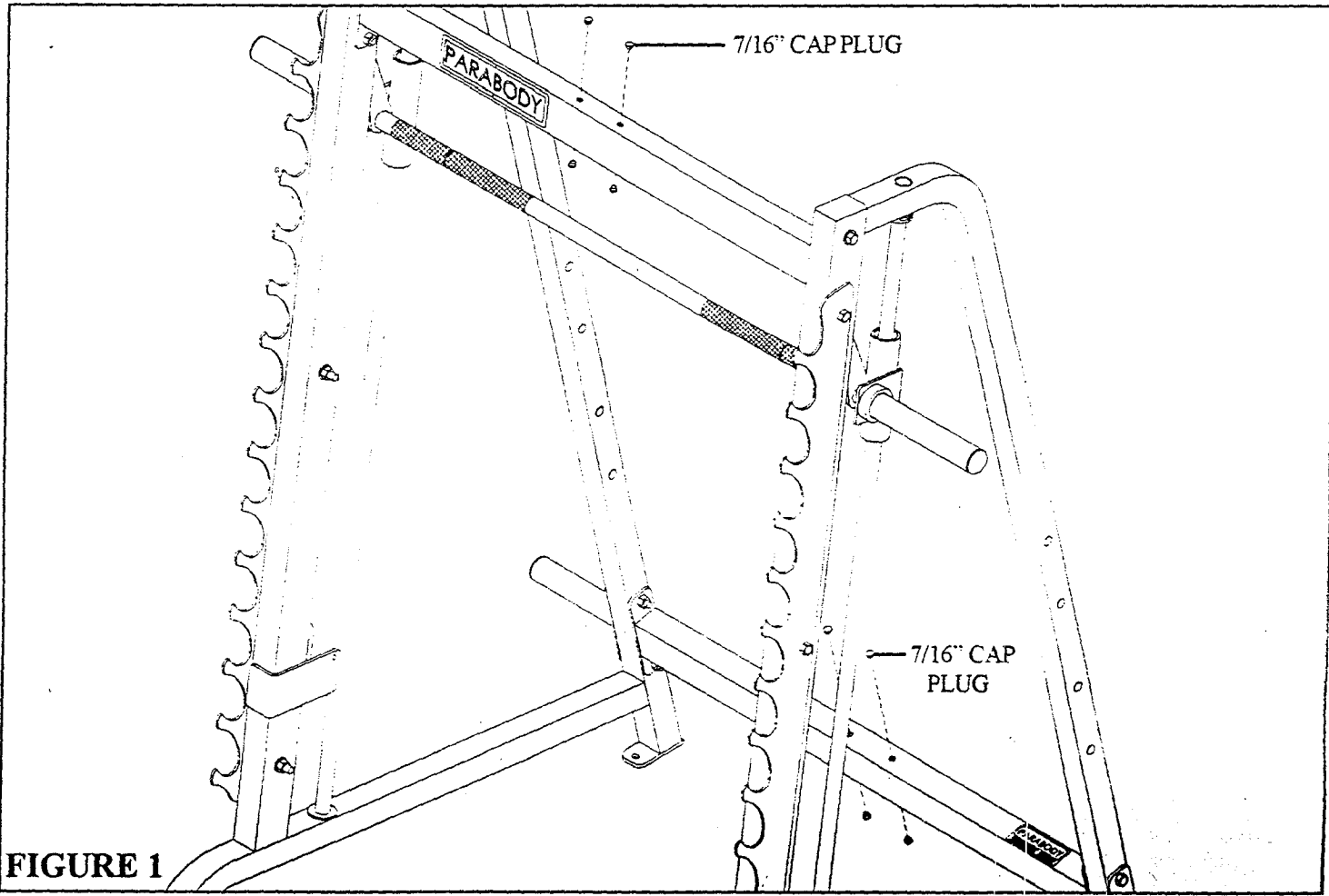


FIGURE 1

STEP 1:

- Remove four 7/16" CAP PLUGS from the UPPER & LOWER CROSS SUPPORTS on the 888 SMITH MACHINE as shown in FIGURE 1

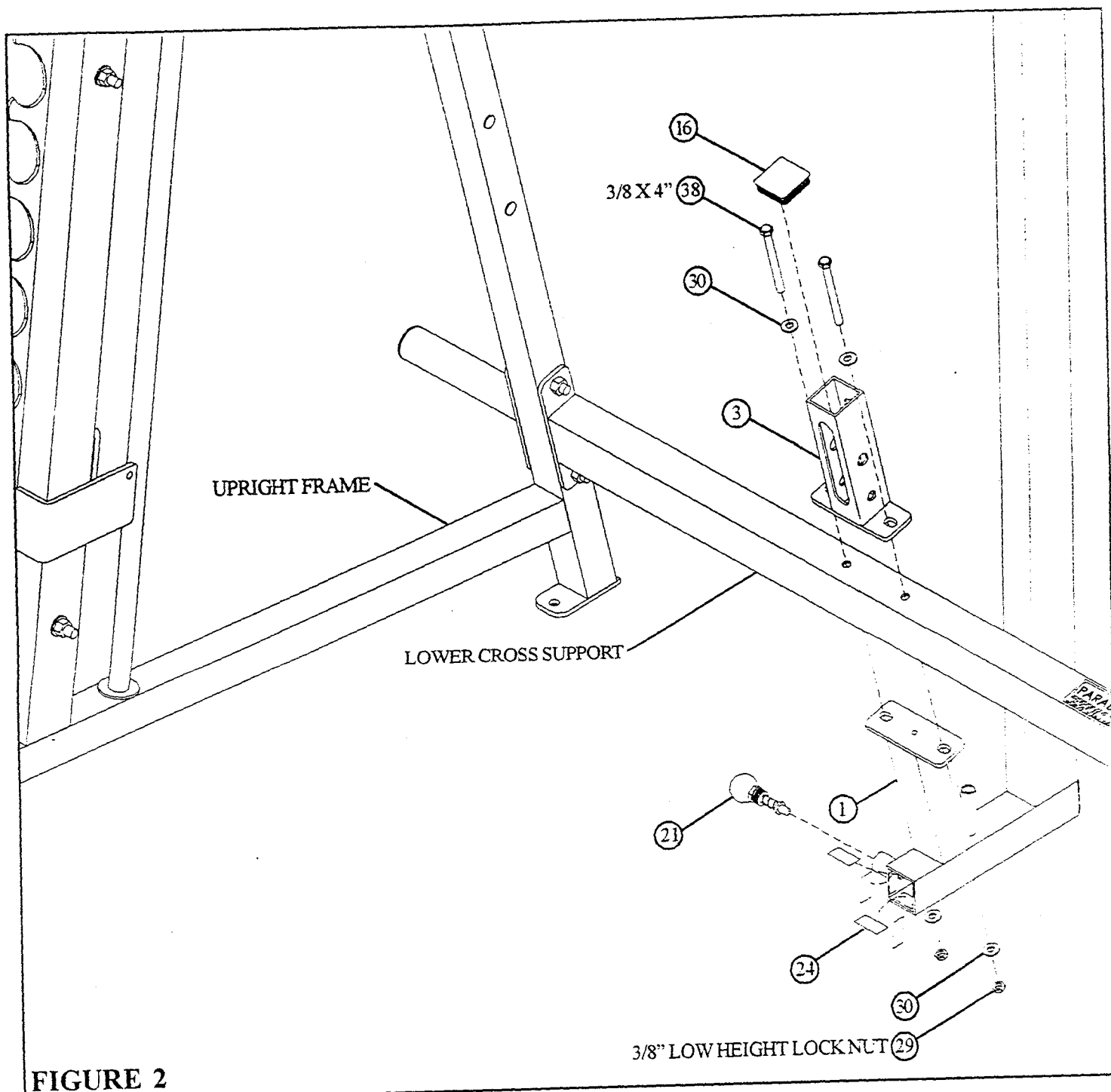
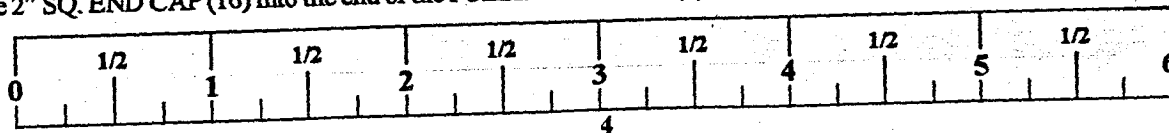


FIGURE 2

STEP 2:

- **NOTE:** It may be necessary to loosen the 1/2 X 3-1/4" BOLTS of the LOWER CROSS SUPPORT connecting the UPRIGHT FRAME before beginning STEP 2.
- Attach four 3/4 X 1-1/2" GLIDES (24) to the inside of the tube on the UPRIGHT (1) as shown in FIGURE 2 using the following steps:
 - Thoroughly clean all surfaces where the 3/4 X 1-1/2" GLIDES (24) are to be attached.
 - Remove the 3/4 X 1-1/2" GLIDES (24) from the paper backing and firmly apply them to all shown surfaces.
- **SECURELY** assemble one SPRING PIN ASSEMBLY (21) to the spring pin barrel on the UPRIGHT (1). See FIGURE 3.
- **LOOSELY** assemble the PULLEY HOUSING (3) and the UPRIGHT (1) to the LOWER CROSS SUPPORT using two 3/8 X 4" BOLTS (38), four 3/8" WASHERS (30), and two 3/8" LOW HEIGHT LOCK NUTS (29). See FIGURE 2.
- Insert one 2" SQ. END CAP (16) into the end of the PULLEY HOUSING (3) as shown in FIGURE 2.



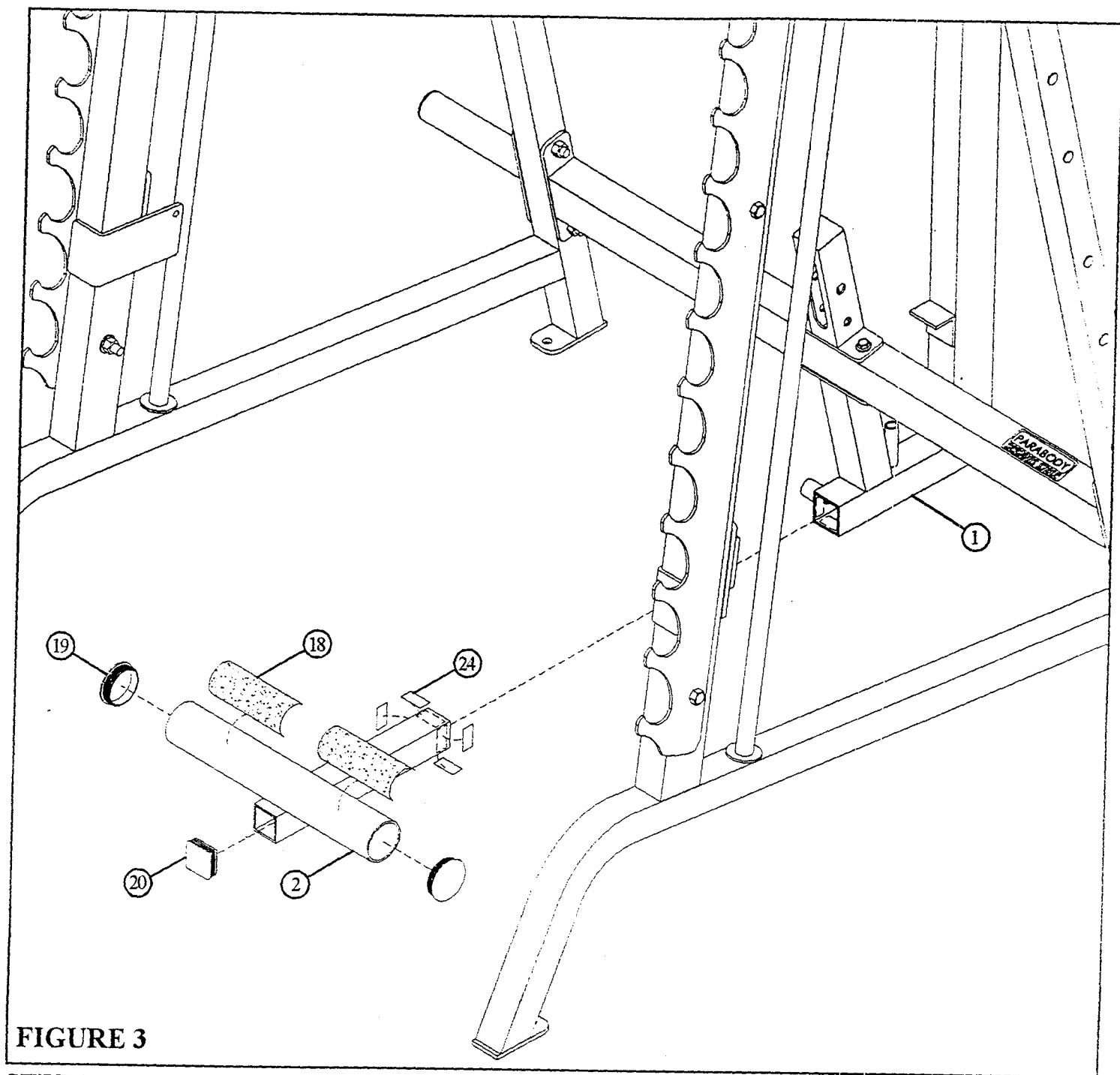


FIGURE 3

STEP 3:

- Insert two 2-1/2" ROUND END CAPS (19) into the ends of the ADJ. FOOT SUPPORT (2) as shown in FIGURE 3.
- Insert one 1-3/4" END CAP (20) into the end of the ADJ. FOOT SUPPORT (2) as shown in FIGURE 3.
- Apply two 2-1/2 X 5-1/2" NON-SKID STRIPS (18) to the ADJ. FOOT SUPPORT (2) as shown in FIGURE 3.
- Attach four 3/4 X 1-1/2" GLIDES (24) to the outside of the ADJ FOOT SUPPORT (2) and four GLIDES to the inside of the tube on the UPRIGHT (1) as shown in FIGURE 3 using the following steps:
 - Thoroughly clean all surfaces where the 3/4 X 1-1/2" GLIDES (24) are to be attached.
 - Remove the 3/4 X 1-1/2" GLIDES (24) from the paper backing and firmly apply them to all shown surfaces.
- Pull back on the SPRING PIN (21) and **CAREFULLY** insert the ADJ. FOOT SUPPORT (2) into the UPRIGHT (1) as shown in FIGURE 3.

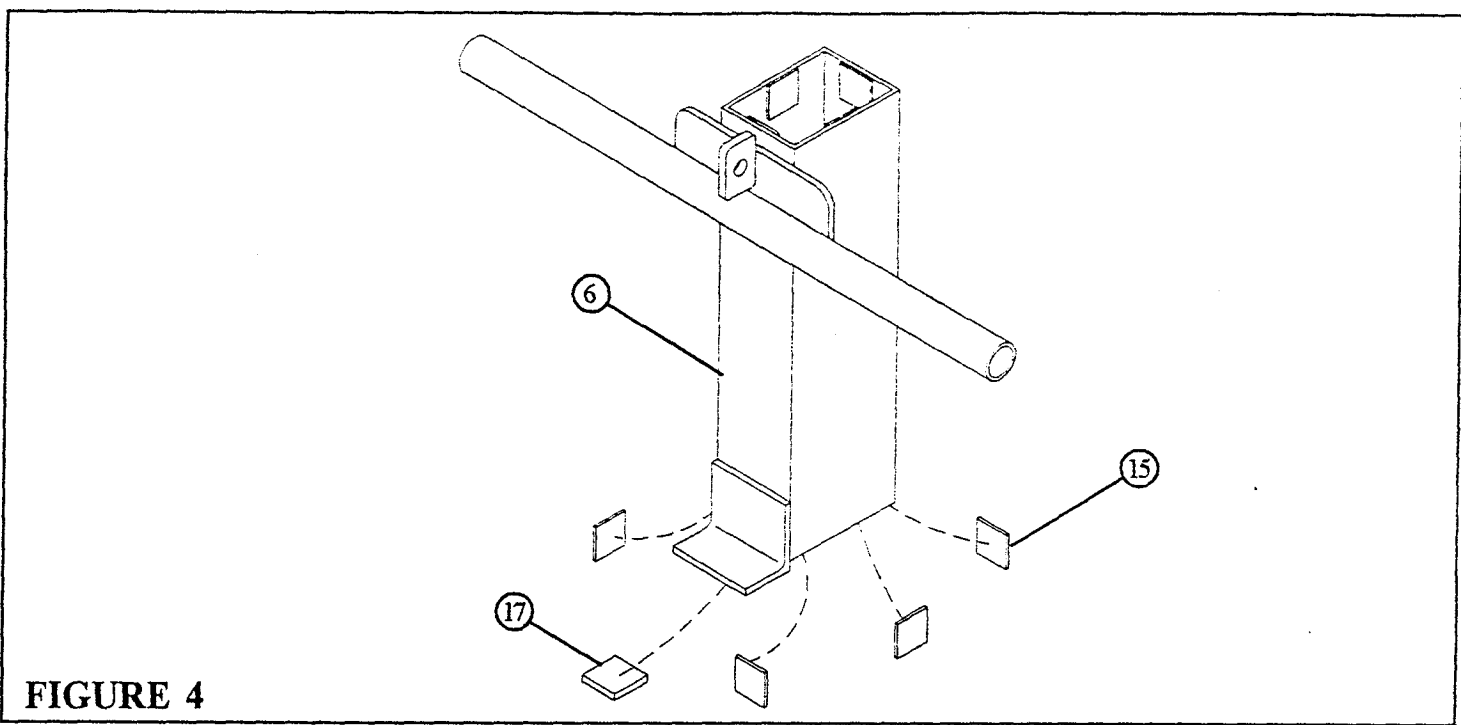


FIGURE 4

STEP 4:

- Attach eight 1 X 1" GLIDES (15) to the ends the CARRIAGE (6) as shown in FIGURE 4 using the following steps:
 - Thoroughly clean all surfaces where the 1 X 1" GLIDES (15) are to be attached.
 - Remove the 1 X 1" GLIDES (15) from the paper backing and firmly apply them to all shown surfaces.
- Attach one 1-1/4" SQ. RUBBER BUMPER (17) to the underside of the angle on the CARRIAGE (6) as shown in FIGURE 4.

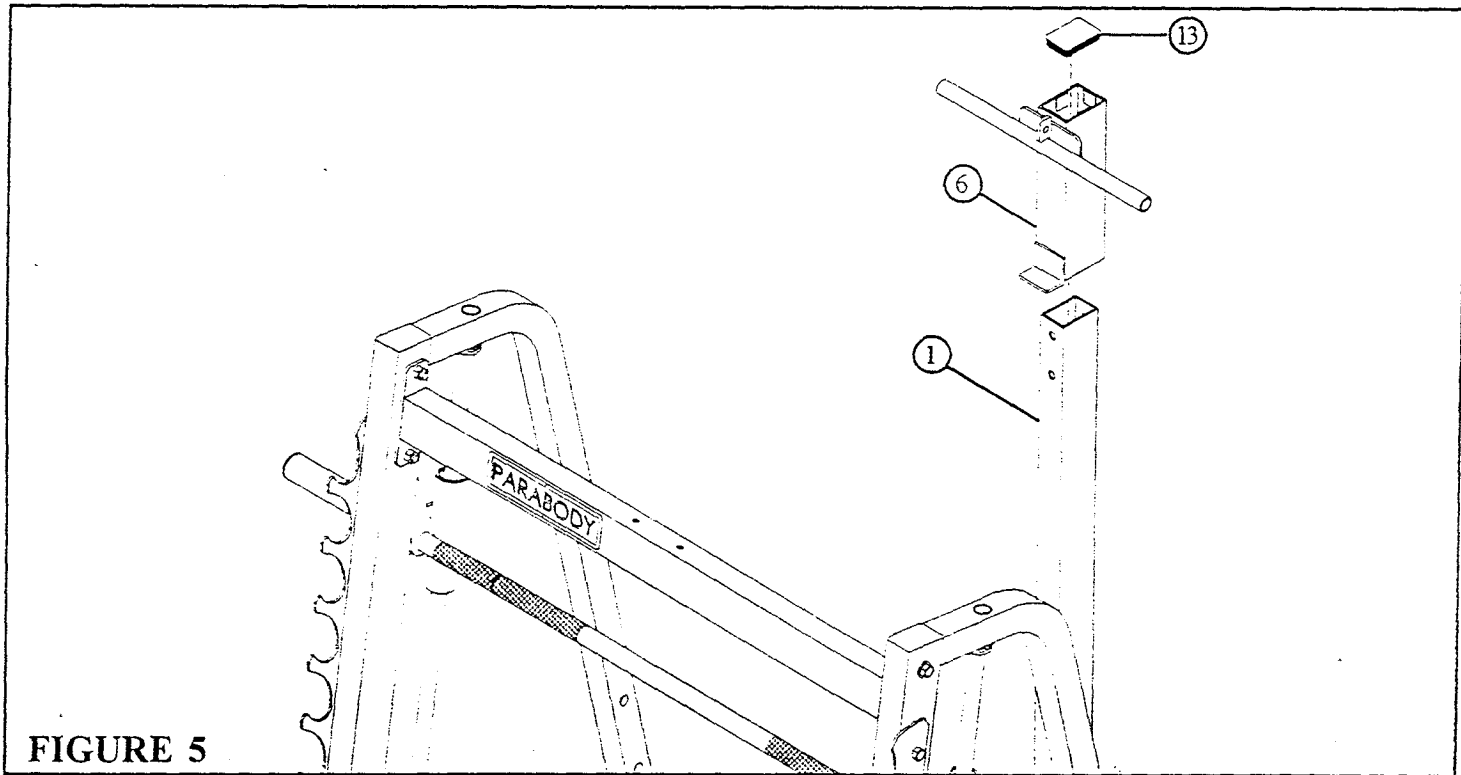
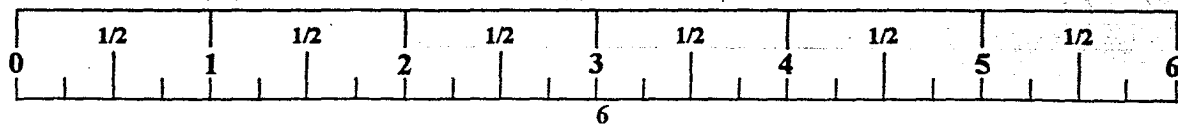
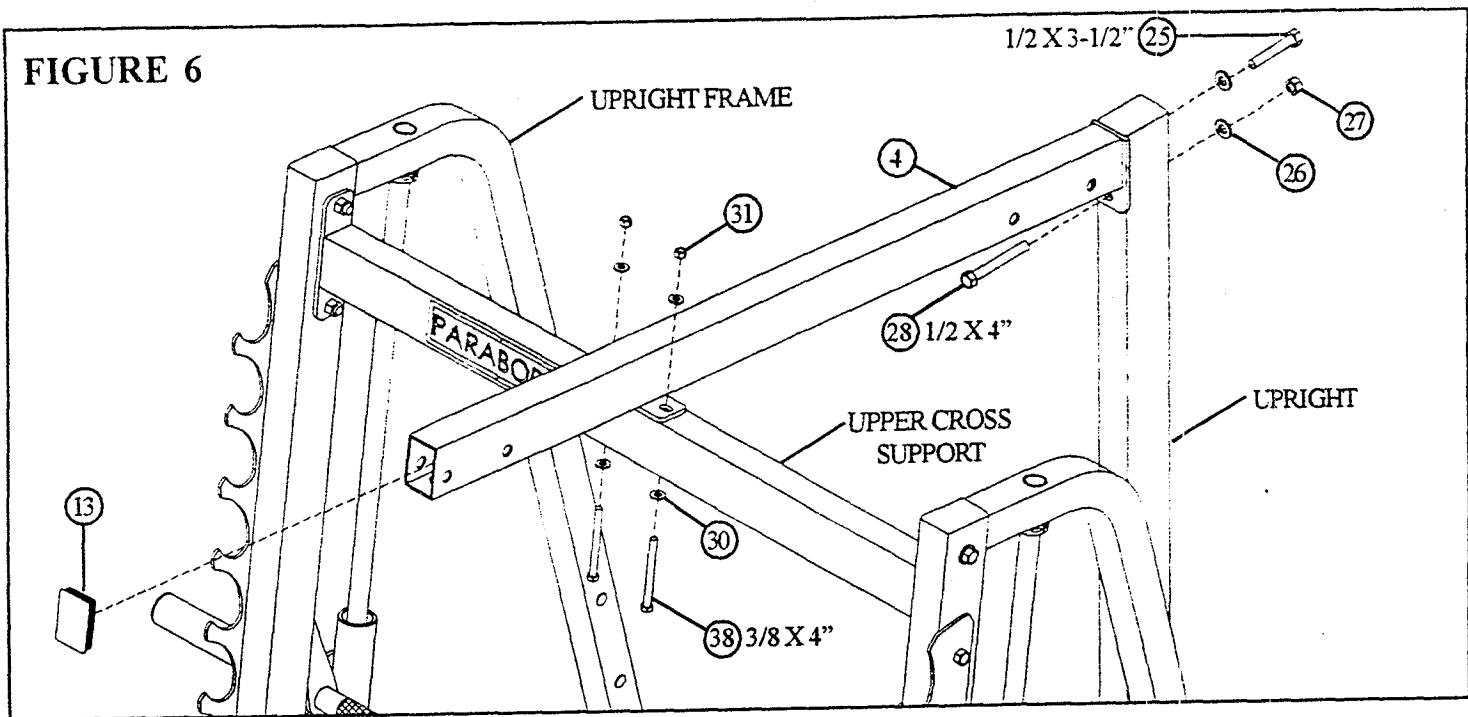


FIGURE 5

STEP 5:

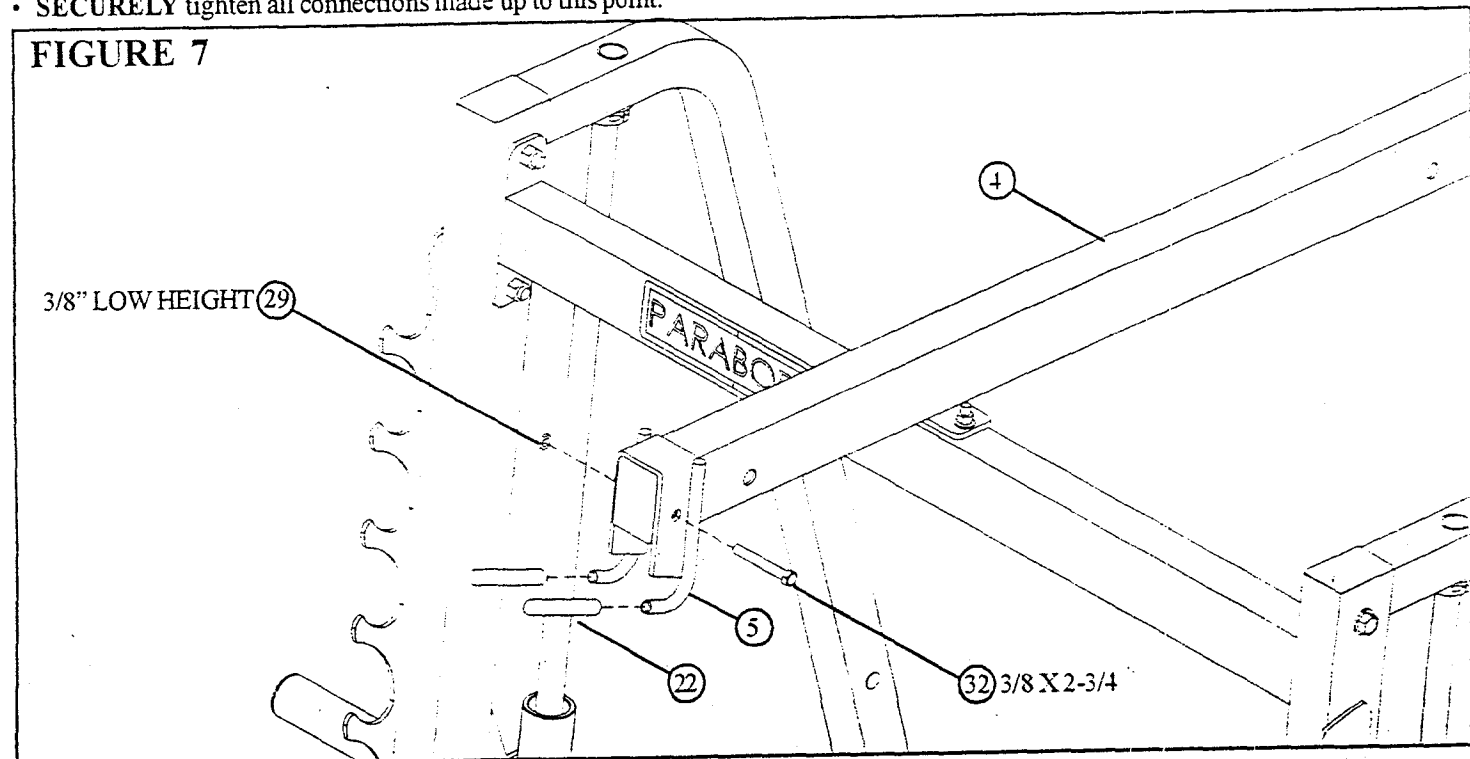
- **CAREFULLY** slide the CARRIAGE (6) over the UPRIGHT (1) as shown in FIGURE 5.
- Insert one 3 X 2" END CAP (13) into the end of the UPRIGHT (1). See FIGURE 5.





STEP 6:

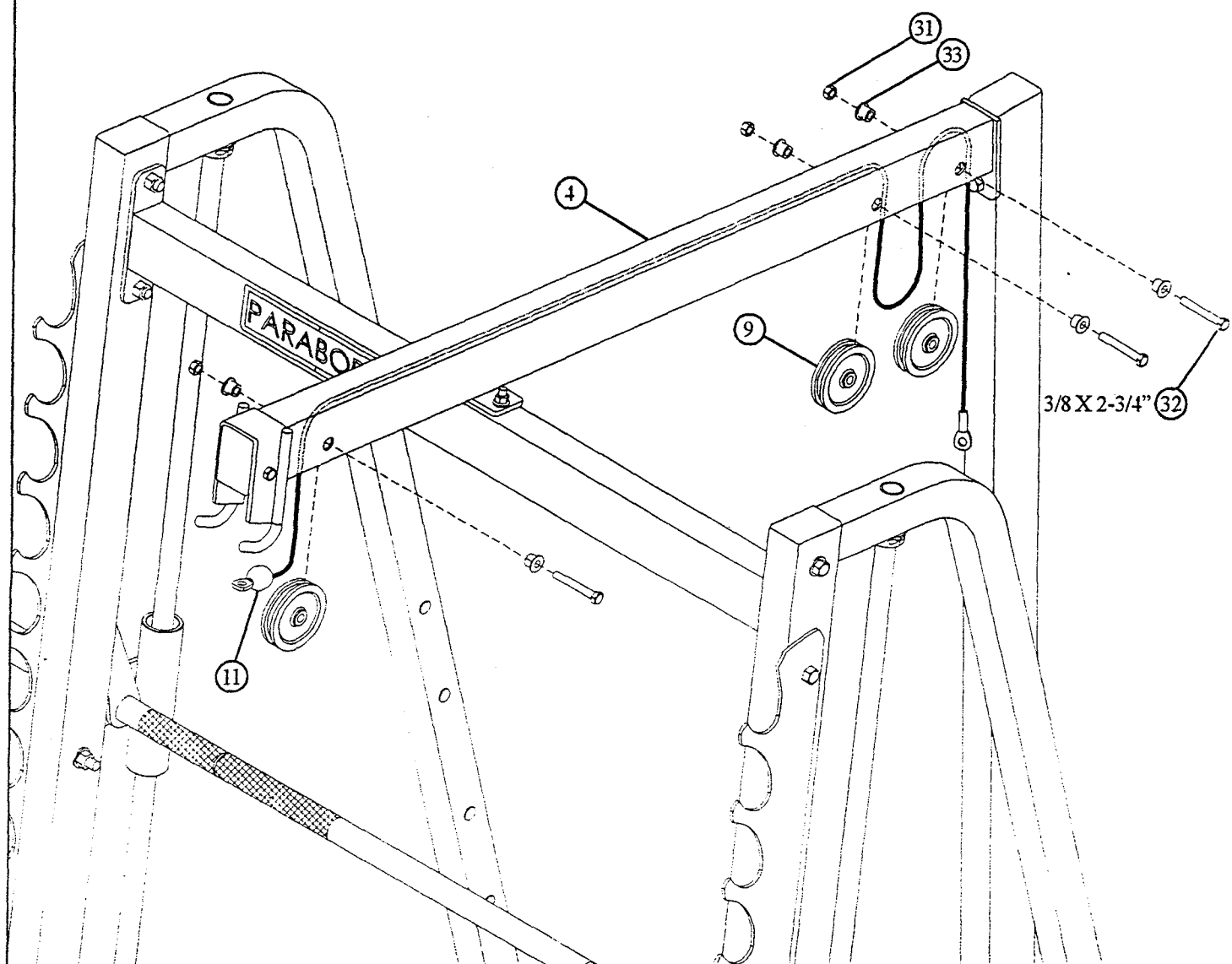
- **NOTE:** It may be necessary to loosen the 1/2 X 3-1/4" BOLTS of the UPPER CROSS SUPPORT connecting the UPRIGHT FRAME before beginning STEP 6.
- **LOOSELY** assemble the TOP BOOM (4) to the UPRIGHT (1) using one 1/2 X 4" BOLT (28), one 1/2 X 3-1/2" BOLT (25), two 1/2" WASHERS (26), and one 1/2" LOCK NUTS (27) as shown in FIGURE 6.
- **LOOSELY** assemble the TOP BOOM (4) to the UPPER CROSS SUPPORT using two 3/8 X 4" BOLTS (38), four 3/8" WASHERS (30) and two 3/8" LOCK NUTS (31). See FIGURE 6.
- Insert one 3 X 2" END CAP (13) into the end of the TOP BOOM (4). See FIGURE 6.
- **SECURELY** tighten all connections made up to this point.



STEP 7:

- **SECURELY** assemble the LAT BAR SUPPORT (5) to the TOP BOOM (4) using one 3/8 X 2-3/4" (32) and one 3/8" LOW HEIGHT LOCK NUT (29). See FIGURE 7.
- Slide two VINYL CAPS (22) over the LAT BAR SUPPORT (5) as shown in FIGURE 7.

FIGURE 8



STEP 8:

- Route the 115-1/4" CABLE (11) through the TOP BOOM (4) as shown in FIGURE 8.
- **SECURELY** assemble three 3-1/2" PULLEYS (9) into the slots of the TOP BOOM (4) using three 3/8 X 2-3/4" BOLTS (32), six 3.8" FLANGE SPACERS (33), and three 3/8" LOCK NUTS (31) as shown in FIGURE 8. (NOTE: Make sure the cable is routed over all the pulleys.)

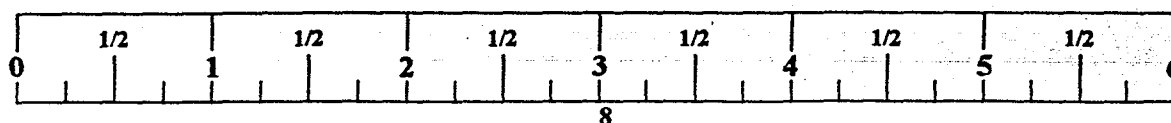
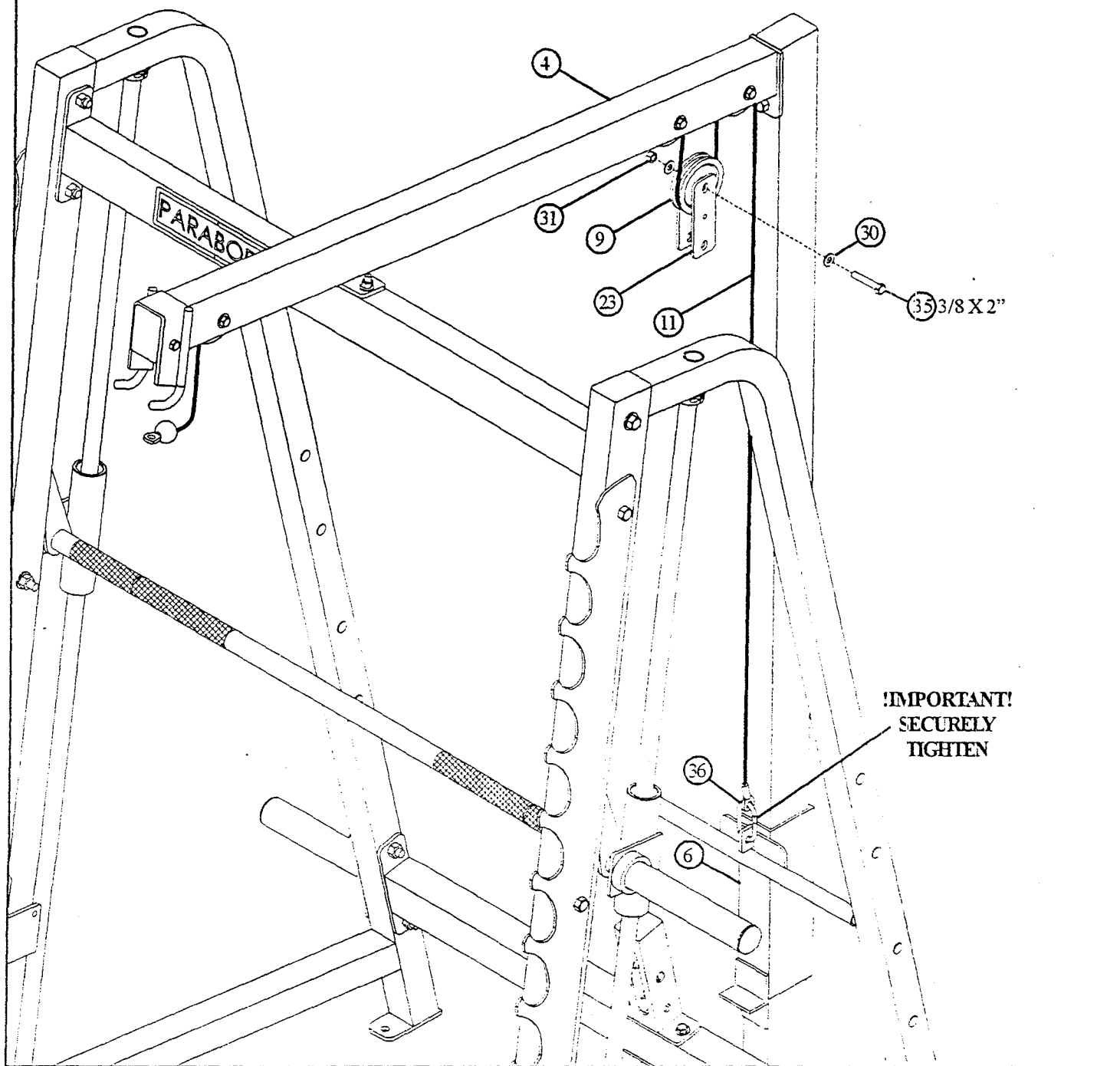


FIGURE 9



STEP 9:

- Attach the CABLE (11) from the TOP BOOM (4) to the CARRIAGE (6) using one 1/4" QUICK LINK (36) as shown in FIGURE 9. **(IMPORTANT! Securely tighten QUICK LINK.)**
- Place one 3-1/2" PULLEY (9) into the loop of the CABLE (12) below the second and third PULLEY of the TOP BOOM (4) as shown in FIGURE 9.
- **LOOSELY** assemble two 3/16 X 1-3/4 X 5-1/4" PLATES (23) to each side of the 3-1/2" PULLEY (9) using one 3/8 X 2" BOLT (35), two 3/8" WASHERS (30), and one 3/8" LOCK NUT (31). See FIGURE 9.

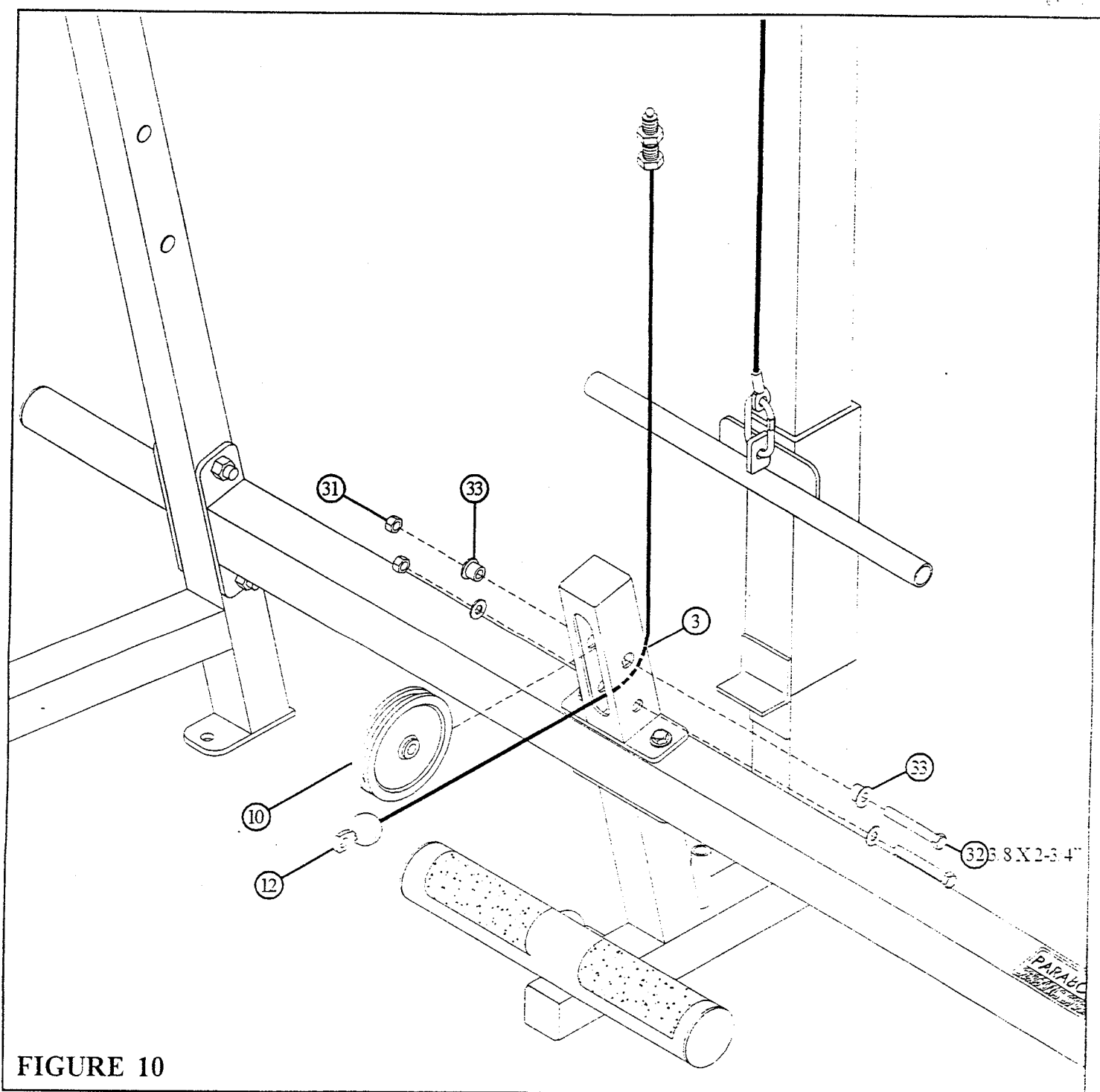


FIGURE 10

STEP 10:

- Route the threaded end of the 121-3/4" CABLE (12) through the slot of the PULLEY HOUSING then **SECURELY** assemble one 4-1/2" PULLEY (10) to the PULLEY HOUSING (3) using two 3/8 X 2-3/4" BOLTS (32), two 3/8" FLANGE SPACERS (33), two 3/8" WASHERS (30), and two 3/8" LOCK NUTS (31). (**NOTE: The CABLE (12) should be routed between the pulley and the retaining bolt as shown in FIGURE 10.**)

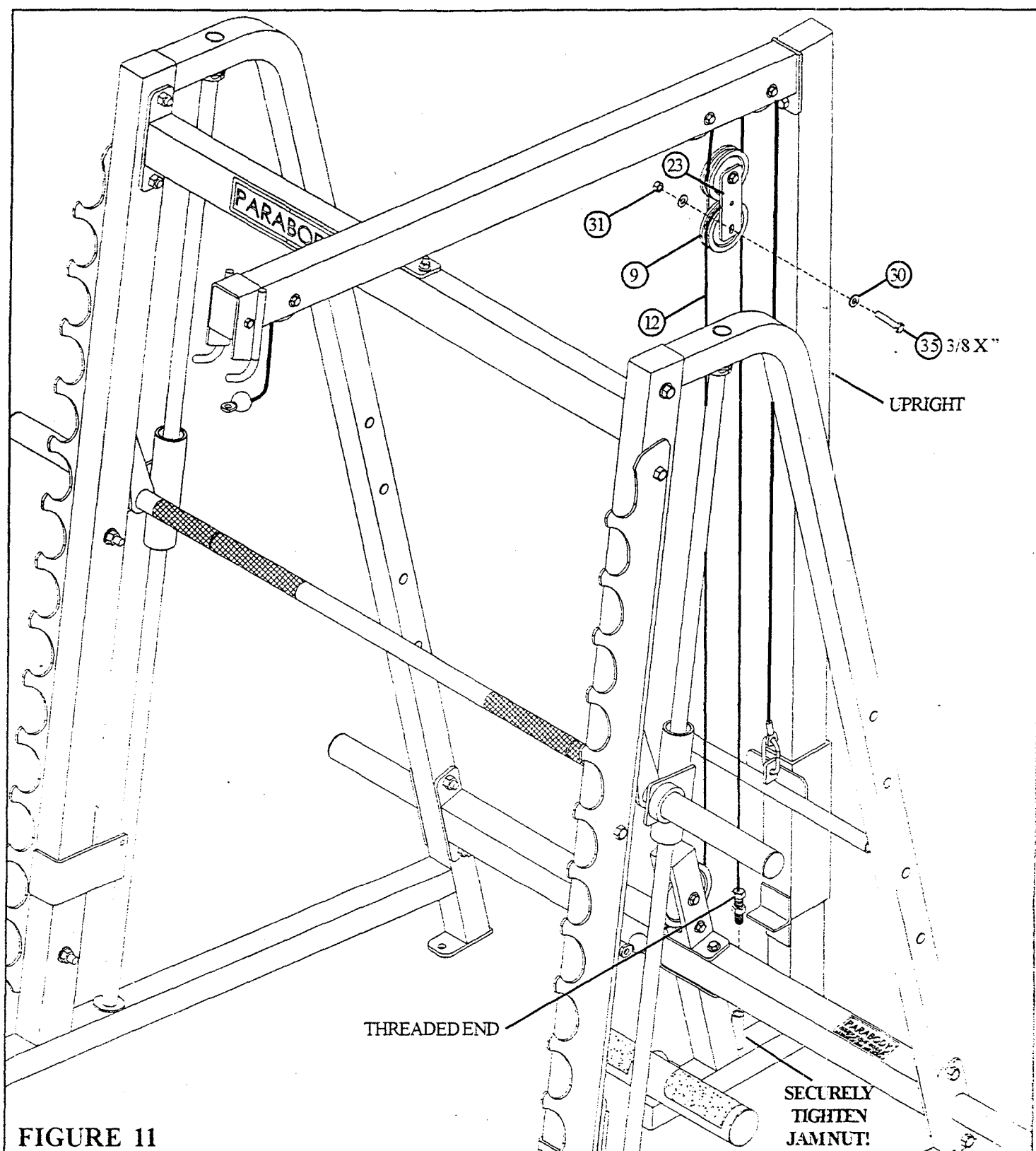


FIGURE 11

STEP 11:

- Loop the 121-3/4" CABLE (12) around one 3-1/2" PULLEY (9) as shown in FIGURE 11.
- **LOOSELY** assemble the 3-1/2" PULLEY (9) to the 3/16 X 1-3/4 X 5-1/4" PLATES (23) using one 3/8 X 2" BOLT (35), two 3/8" WASHERS (30), and one 3/8" LOCK NUT (31). See FIGURE 11.
- **SECURELY** thread the end of the 121-3/4" CABLE (12) 3/4 of the way into into the threaded housing on the UPRIGHT and **SECURELY** tighten jam nut.
- **SECURELY** tighten the two 3/8 X 2" BOLTS (35) of the 3/16 X 1-3/4 X 5-1/4" PLATES (23).

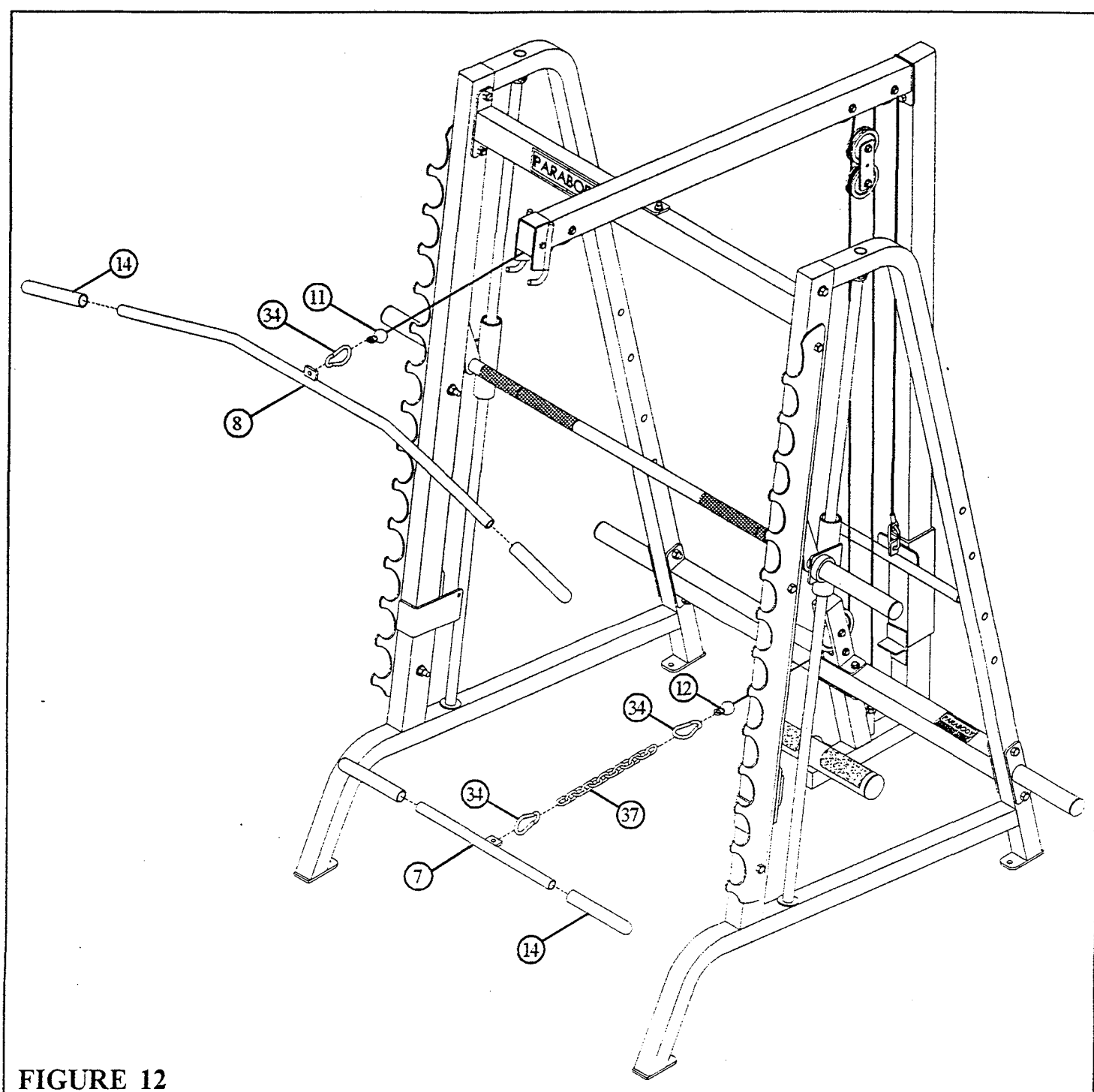


FIGURE 12

STEP 12:

- Slide two 1 X 8" GRIPS (14) on the LOW ROW BAR (7) and two 1 X 8" GRIPS (14) on the LAT BAR (8) as shown in FIGURE 12.
- Attach the LAT BAR (8) to the ball end of the upper CABLE (11) using one 5/16" SNAP HOOK (34) as shown in FIGURE 12.
- Attach the LOW ROW BAR (7) to the ball end of the lower CABLE (12) using one 12-LINK CHAIN (37) and two 5/16" SNAP HOOKS (34) as shown in FIGURE 12.

Thank you for purchasing the Parabody 887101 LAT OPTION. If unsure of proper use of equipment, call your local Parabody distributor or call the Parabody customer service department at (800) 328-9714.